



Organic Pumpkin Seeds

left in their natural state

These pumpkin seeds from the Styrian oil pumpkin (*Cucurbita pepo var. styriaca*) from controlled organic cultivation in Austria delight young and old with their aromatic, delicate-nutty flavour. They can be nibbled as a snack, but are also excellent for refining salads, mueslis and soups or as an ingredient in delicious bread and other baked goods.

Ingredients: 100 % pumpkin seeds from controlled organic cultivation.
May contain traces of soya.

Average nutritional values	per 100 g
Calorific content	2413 kJ/582 kcal
Fat, of which:	46 g
- saturated fatty acids	9 g
Carbohydrate, of which:	2 g
- sugars	1 g
Dietary fibres	6 g
Protein	37 g
Salt	0.03 g

Close properly and store in a cool, dry place.



DE-ÖKO-001
EU agriculture

Contents 250 g

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